

TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Center Corporation

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446



JUNE 2020



Council on Aging Information Hotline

617-730-2777 617-730-2778

Senior Center Van

617-730-2770 617-730-2750

Brookline Council on Aging

www.brooklinema.gov

www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



The Town of Brookline Senior News & Events Brookline Council on Aging

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UPDATE ON THE REOPENING OF THE BROOKLINE SENIOR CENTER

As we go to print with our June edition, we are currently in phase 1 of the Governor's "Reopening Massachusetts" plan.

Under the new "Safer at Home" advisory, people over the age of 65 and people who have underlying health conditions – who are at high risk for COVID-19 – should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs. Phase 1 also limits gatherings to less than 10 with appropriate social distancing.

The Council on Aging social work staff are available during regular business hours (Monday-Friday, 8:30 am-5:00 pm), so please don't hesitate to reach out if you need anything or if you would just like to say hello. You can leave messages for us at 617-730-2777 or 617-730-2770 or you can email us at info@brooklineseniorcenter.org.

ANNUAL TOWN ELECTION

As a result of the COVID-19 emergency, the Annual Town Election has been postponed to June 9, 2020.

For safety reasons, residents are **strongly encouraged** to take part in early voting by mail. To ensure that the Town Clerk receives your early voting ballot request in time to mail out your ballot, please mail, fax or scan and email them a *handwritten note* with your name, address, phone number and signature requesting a ballot. By mail: Office of the Town Clerk, PO Box 470860, Brookline, MA 02447; by email: townclerk@brooklinema.gov; by fax: 617-730-2043.

(continued on page 2)

A NOTE ABOUT OUR JUNE EDITION

At the time of this printing, the Senior Center is open on a limited basis, by appointment only, in compliance with the Governor's "Safer at Home" advisory. For more information on that advisory, please visit: <https://www.mass.gov/news/safer-at-home-advisory>

Since it is uncertain as to when we will be able to safely begin hosting any of our special or ongoing programs at the Center, we have been working to develop a list of online programming options with some of our regular group facilitators, as well as with some of your favorite performers and presenters. Please remember that these "virtual" programs are new to everyone so there will be glitches, but we hope that you will continue to give the online programming options a try.

We realize that there are lots of questions regarding our reopening and we appreciate your patience during this uncertain time. Please feel free to leave your questions on our voicemail or to submit your questions to info@brooklineseniorcenter.org. Many of you may have the same questions so we hope to address some of them in future editions of the newsletter.

We hope that you and your loved ones stay healthy and well in the days ahead and we look forward to celebrating with you all when we are able to safely reopen the Senior Center.

The Council on Aging social work staff are available during regular business hours (Monday-Friday, 8:30 am-5:00 pm), so please don't hesitate to reach out if you need anything or if you would just like to say hello. You can leave messages for us at 617-730-2777 or 617-730-2770. Be well!

IMPORTANT INFORMATION FROM THE TOWN OF BROOKLINE REGARDING COVID-19

For general COVID-19 questions, please call the State 2-1-1 line. For Brookline specific medical or public health inquiries, please contact the Department of Brookline Public Health at 617-730-2300. For non-medical questions specific to Brookline, please call the Brookline COVID-19 Information Call Center at 617-879-5636. These call centers, for the time being, will be operational Monday through Friday from 8:00 am – 5:00 pm, these hours will be adjusted as needed. Messages can be left after hours and will be returned the next day. You can also email your non-medical inquiries to covid19info@brooklinema.gov.

For the most up to date information on the COVID-19 emergency, please visit the Town's website at: <https://brooklinecovid19.com/>.

TOWN ELECTION (continued from page 1)

The last day to vote by mail is June 9, 2020. All ballots **received by that date** will be counted. The ballot must be in the Clerk's office by that date to be counted. Postmarks will not be considered.

Please note that the hours for the election have been reduced and **polling locations will ONLY be open from 12-8 pm for voting.**

Masks or face coverings and adherence to social distancing rules are required.

Please note that some polling locations have also changed. Please visit the Town website for more info: <https://www.brooklinema.gov/townclerk> or call the Clerk's office at 617-730-2010 for more information.

Not sure which precinct you are in? Please visit: <http://www.sec.state.ma.us/wheredoivotema/bal/myelectioninfo.aspx>

FROM THE DIRECTOR

What a difference a year makes. June is usually an incredibly festive time at the Senior Center, with a host of fabulous programs, events, and even night and weekend activities. This year, as we continue to respond to the Covid-19 pandemic, our offerings look quite different. We are reopening with a slow and deliberate plan in compliance with federal, state, and local guidelines. We are continuing to offer a variety of online and interactive video opportunities. A special thank you to the staff, program leaders, and community sponsors who have made this happen. I hope that you take advantage of one of our offerings, or design a new program for us.

In this time of unanticipated emergency crisis, your generosity stands out. Thank you for your response to our recent appeal. Your donations to the Brookline Senior Center provide much needed money for our Emergency Relief Fund and our other efforts to serve older adults in need.

As an essential organization, the demands on our services have increased. Your support inspires us, even as we work longer hours than usual to resolve crises and provide critical services.

Even though we are working virtually, we are committed to providing essential services, and encourage anyone who needs assistance to contact us at 617-730-2770. Donations are still being accepted. Please go to www.brooklineseniorcenter.org and click donate, or send a check today.

As always, the best part of receiving donations is when a special thank you note is included. Here are some of my favorite excerpts:

"Thank you so much for all that you and your entire group do for us. You and your entire staff are the most kind, empathetic and hardworking people I have ever come into contact with. Not only that, you and they are extremely competent and productive!!"

"Thank you for offering the dance class with Lynn Modell. I have had the pleasure of joining it a few times. It really helps with the isolation we are experiencing these days. Wishing all the staff at the Center good health."

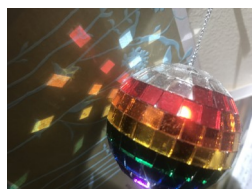
Finally, Happy Father's Day to the fathers and grandfathers. My father was a very special man. He was a teacher and humanitarian who instilled in me the importance of finding the good in all people. Indeed, every day his spirit is here in the Senior Center as one of his lessons was to always be warm and welcoming and open to all people by striving to make the world a better place one kind act at a time. Please join me in doing something extra nice this month for someone in his memory.

-Ruthann Dobek, Director

BROOKLINE SENIOR CENTER DROP-IN COFFEE HOUR

One of the best things about the Brookline Senior Center has always been getting to see each other. Since we still cannot do that in person, the Senior Center will begin hosting an open coffee hour twice a week, every week on **Tuesdays and Thursdays from 10:00 a.m. to 11:00 a.m.** The first of these drop in coffee hours will be on **Tuesday, June 2nd**. Drop in on Zoom to say hello, see some friendly faces, and chat about whatever is on your mind! To attend, visit <https://us04web.zoom.us/j/79353296563?pwd=eE11ckRDVWtRZzZzZ3c0MF1xVnN3QT09#success> Please right click on this link and copy it into your browser, and enter password "SeniorCtr" when prompted. For more information or to find out how to call in by phone, contact Michael Allen at 617-730-2754. We hope to see you there!

VIRTUAL PRIDE CELEBRATIONS



Despite the fact that many of the annual “in person” Pride events have been canceled this year due to the COVID-19 crisis, there are still ways to gather virtually to remember and celebrate LGBT history and community.

VIRTUAL PRIDE CELEBRATION AT THE ARLINGTON/BELMONT COUNCILS ON AGING

Join the Arlington and Belmont Councils on Aging on **Tuesday, June 16 at 2 pm** online as they celebrate Pride. The celebration will involve folks sharing pictures and memories of past Pride Parades - and maybe some karaoke! Wear your best Pride outfit! Open to all ages. For more information, email Marci at MShapiro-Ide@town.arlington.ma.us

The Arlington/Belmont LBGT seniors group also holds a ZOOM meeting **every Tuesday afternoon at 2pm**. For a link to join them, email kjovin@brooklinema.gov.

GLOBAL PRIDE 2020

InterPride, an international alliance of Pride organizations, will present **Global Pride 2020** online on **Saturday, June 27, 2020**. The Global Pride 2020 event will be simulcast for 24 hours, with content and participants from all over the world. For more information, visit:

<http://www.globalpride2020.org/>

Whatever you choose to do, be sure to have a little fun and celebrate you!

MOVIE RECOMMENDATION

A Secret Love (2020, dir. Chris Bolan)

A documentary about the six-decade relationship of Terry Donaghue and Pat Henschel, lesbians who met in the 1940s, during the time of the All-American Girls Professional Baseball League. Streaming on Netflix.

COMPUTER ONE ON ONE ASSISTANCE



Do you have smart phone or computer questions? Computer One on One assistance is available by phone for 30 minute appointments to assist with your computer and smart phone questions. This includes assistance with setting up Zoom or another interactive service like Team Viewer or What's App on your phone or computer so you can participate in many online activities.

If you would like an appointment, please call 617-730-2777, press the # sign to skip our introduction, and leave your name, phone number and a message that you would like a Computer One on One appointment. Please be sure to also indicate the issue with which you need assistance. Our Computer One on One volunteer will then call you back.

SHREDDING UPDATE

As you know, we usually host our annual shredding truck event each year in June, courtesy of Michael Morrissey, Norfolk County DA. In accordance with the state's phased reopening plan, we will not be hosting this event in June, but we are exploring the possibility of safely hosting this outdoor event at a later date this summer. Please continue to check the newsletter for future updates.

BROOKLINECAN ONLINE ELECTION FORUM

The annual Brookline Senior Center and BrooklineCAN candidates' forum was once again a success. You can watch the forum to hear candidates for Select Board on many issues, including several of particular importance to older adults here: <https://brooklineinteractive.org/brookline-can-candidate-forum-may-21-2020/>. And don't forget, the election is on June 9th!

ASK A GERIATRICIAN—CORONAVIRUS UPDATE

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. Editor's note: *If you have questions, e-mail them to me at mdeery@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

There doesn't seem to be any news other than Coronavirus, so I will mention a few things that do come up as questions:

There have been many fewer admissions to emergency rooms and hospitals for non-Covid issues (such as heart attacks and strokes). Why is that?

Answer: We don't really know. There are 2 schools of thought. One is that people are afraid to go to hospitals because they are afraid of catching or being exposed to the virus, so they are staying at home and not getting treated. The other thought is that because people are sitting in traffic less, are perhaps rushing around less, or are breathing fresher air because of decreased pollution in the air from less traffic and fewer factories, they are healthier. We will have to see, when this is over, what was really happening at home.

Should I get tested for the COVID virus or for the COVID antibodies?

Answer: If someone gets sick, it is important to know if you are infected with the virus so you can get treated and so we don't miss other possible diagnoses. Also, if someone is in a job where they are in contact with other people, a test would help identify people who are infected with the virus, but have no symptoms, and are then capable of spreading the virus unknowingly to others. As far as the antibody test goes, this is still in the research phase. We don't know if having antibodies means that we are protected from getting the disease again, so we will have to wait until further research is done.

What is telemedicine?

Answer: Since the start of the coronavirus epidemic, there has been a sudden, huge shift from seeing your health providers in person to either having a visit with them by phone or by actually seeing them on your "smart phone." Medicare and many other insurance companies have agreed to pay for visits to your doctors by phone, at least for now. It turns out that both patients and doctors have liked this new way of seeing the doctor more than they had imagined. For the patient, it means not having to find a ride to the office, no parking problems, no waiting in the waiting room and no waiting for the ride home. For doctors, it often means getting to spend a little more time talking with their patients. It's not perfect- doctors can't do a physical exam, but they can tell if you look well, if your speech is clear, how your mood is and can look at rashes if it's on a smart phone. They can usually tell if you need to go to a place for an exam, such as an urgent care center.

How long will this last?

Answer: This is a new virus for everyone, so time will tell. In the meantime, try to stay in touch with friends and family by phone-everyone enjoys getting a call to see how they are doing. Try to keep in shape by walking around as much as you can within your own space so you don't get out of shape.

THIS TOO SHALL PASS!! And you will have a lot of stories to tell.

STAY WELL!

SPECIAL ONLINE PROGRAM OFFERINGS IN JUNE

BATTER UP!



Missing the Red Sox? Well, here is a little something fun in the meantime! Performing a unique, interactive and highly entertaining program, local singer-songwriter (and former sportswriter) Howie Newman sings baseball songs, offers up baseball trivia and tell stories about his days as a sportswriter on the Red Sox beat. Howie covered baseball for the Patriot Ledger, Lowell Sun, Boston Globe and Lynn Item as well as several other newspapers and magazines.

For three years, he also provided color commentary for the Lowell Spinners, a Red Sox farm team, on WCAP radio. Howie is sure to make you smile so check out his baseball show here: <https://youtu.be/brBBIwSTSMo>

This program is made possible through your donations to the Brookline Multi-Service Senior Center.

ARCHIE RICHARDS VIRTUAL CONCERT

The always charming Archie Richards has prepared a virtual concert of Irish and Patriotic songs, ending with a little classical music for your enjoyment.

Archie started playing the piano as a child but didn't find a good teacher until he was 32. In his career, he was a stockbroker and a weekly newspaper columnist on money matters. He became a professional musician in 2008, when he was 72 and now plays concerts and sing-alongs in Massachusetts senior facilities. To enjoy his performance, please click here:

<https://vimeo.com/403704644>

This program is made possible through your donations to the Brookline Multi-Service Senior Center.

ARTMATTERS ONLINE PRESENTATIONS

If you have attended any of the ArtMatters presentations at the Senior Center in the past, you know how interesting and engaging they are! We are pleased to announce we have set up a membership account with ArtMatters that allows Brookline Senior Center participants to access two prerecorded presentations each month.

To view the videos, please go to their website(<http://artmatters.website>) and click "Log In" on the top right corner of the page. A new window will pop up that reads "Sign Up." You will once again need to click on "Log In." You will then be prompted to provide a log in email and password.

To access the Senior Center account, enter info@brooklineseniorcenter.org as the email address and 93winchester as the password.

A new screen will pop up that reads, "Members Only ArtMatters Virtual Experience." Click on the box that reads "For More Information."

Another screen will pop up that reads, "Members Only ArtMatters Virtual Experience." Scroll down until you see two buttons that read "Primary Video" and "Bonus Video." Click on either of those buttons to start the prerecorded videos.

June's featured videos will be "**Women Artists until the 20th Century**" and "**Women's Artists of the 20th Century.**"

These videos are actual, spontaneous performances to live audiences and they were created before the COVID-19 crisis for training purposes so please forgive the less than perfect filming and enjoy their unpredictable and "charming" quality.

The availability of this program is made possible through your donations to the Brookline Multi-Service Senior Center.

BROOKLINE SENIOR CENTER "VIRTUAL" PROGRAMMING

PLEASE NOTE: THIS LISTING WILL BE UPDATED AS MORE INFORMATION BECOMES AVAILABLE. VISIT OUR WEBSITE (www.brooklineseniorcenter.org) FOR UPDATES.

CRAFTING/HOBBIES

Brookline Bees Sewing Group

Tuesday mornings at 10:30 am

The group is hosting weekly Zoom meetings to stay connected while the Senior Center is closed. For information on how to connect, please send an email to brooklinebeehive@gmail.com.

DISCUSSION GROUPS

Living Our Values

Wednesday mornings from 9:00-10:00 am

This discussion group is hosting weekly Zoom meetings while the Senior Center is closed. To obtain a copy of the discussion material and for information on how to connect, please send an email to editor@businessforum.com

Current Events

Friday morning from 10:30 am-12:00pm

This discussion group is hosting weekly Zoom meetings while the Senior Center is closed. For information on how to connect, please send an email to mkt128@rcn.com.

DANCE

Online Dance Party with Lynn Modell

Thursday afternoons from 2:00-2:30pm

Lynn will play music from 40s, 50s, and 60s as well as some from film musicals and we'll dance together. You don't need much space in your home to participate. Just make sure there aren't any scatter rugs, uneven floor surfaces or objects on the floor that are trip hazards. For information on how to connect, please contact Lynn at lemodell@gmail.com.

WELLNESS

Online Mindfulness Practice

Mondays & Wednesdays from 10:00-10:30 am
(see page 23 for additional details)

EXERCISE

Qigong

Tuesday evenings from 6:00-6:30 pm

Laura Kandziolka, our former Qigong instructor who relocated to Pennsylvania, is offering FREE live Qigong classes on Facebook. You don't need a Facebook account to attend. Just go to <https://www.facebook.com/TaoAndZenHealing/> and click on the video menu to the left. You can find past recorded sessions here as well. These sessions also come highly recommended by our current instructor Dale Butler.

Combo Dance Fitness/Yoga Dance

Saturday mornings from 11:00-11:50 am

Emily Brenner, our wonderful Zumba Gold instructor is offering a FREE virtual Combo Dance Fitness/Yoga Dance class thanks to a grant from Blue Cross Blue Shield.

She is also offering some other donation based classes throughout the week:

Monday: 10:00 am Zumba®

Tuesday: 10:00 am Strength/Low-Impact fitness (chair suggested, light hand weights or cans/ water bottles as light weights optional)

Wednesday: 10:00 am Let Your Yoga Dance®

Thursday: 5:00 pm All levels Fitness (weights optional)

To join any of Emily's classes, please use the following link:

If you need to join by typing in the Meeting ID and the password, here it is:

<https://us04web.zoom.us/j/5563356908?pwd=SEc2M3NLL0c3QnFDRzVxd3VlWmtZdz09>

Meeting ID: 556 335 6908

Password: 1853

SHARPS DISPOSAL KIOSKS AVAILABLE TO RESIDENTS

The Brookline Departments of Public Health and Public Works are pleased to announce that outside sharps disposal kiosks have been installed at the following three locations:

Brookline Department of Public Health
(11 Pierce Street)

Public Safety Building (350 Washington Street)
Brookline Senior Center (93 Winchester Street)

Brookline residents are reminded to follow Food and Drug Administration recommendations when disposing of used needles and other sharps.

In Brookline, needles and other sharps **MUST** be in containers. Loose needles are not accepted or allowed in town kiosks. The outdoor kiosks are for household use only.

Medical offices are not permitted to use public sharps disposal kiosks.

For more information, please call the Brookline Department of Public Health at 617-730-2300 during normal business hours.



BROOKLINE ADULT & COMMUNITY EDUCATION VIRTUAL PROGRAM OFFERINGS

Brookline Adult & Community Education will be offering a virtual Summer Term (and they still have some Spring courses!), beginning in early July that will include many of your favorite class offerings. To see which classes are being offered, please go to their website (<https://brooklineadulted.org/>) for more information and to register for classes. You can also sign up to be added to their mailing list and to receive a copy of their program catalog for future terms.

FREE ART CONSULTATIONS FOR BROOKLINE SENIORS

We are pleased to announce that Martin R. Anderson, our Art for Pleasure instructor, will be offering free one on one, online consultation and support to Brookline senior artists (aged 60 and older) beginning in June.

Whether you consider yourself a beginner or you have been creating your art for many years, finding a way to engage your creative side during these uncertain times can be vitally important. Martin's dialogues with you will focus very little on so-called techniques, but more on the thought processes that drive your work – why you are doing what you are doing and the metaphors that your work can carry. Please note that space is limited and available on a first come, first served basis. For more information and to register, please contact Martin R. Anderson at mra22@mac.com

INCOME TAX UPDATE

FEDERAL INCOME TAX

The date for filing your **FEDERAL income tax** return is now **July 15, 2020**.

For additional questions or information, please call 800-829-1040 or visit: <https://www.irs.gov/>

STATE INCOME TAX

The date for filing your **STATE income tax** return is now **July 15, 2020**.

For additional questions or information, please call the Massachusetts Department of Revenue at 800-392-6089 or visit: <https://www.mass.gov/orgs/massachusetts-department-of-revenue>

FOOD RESOURCES

PLEASE NOTE THAT THE INFORMATION PROVIDED ON THIS PAGE WAS CURRENT AT THE TIME OF PRINTING. For more information on food resources and local grocery delivery options, contact Kate Jovin at 617-730-2751 or kjovin@brooklinema.gov



BROOKLINE FOOD PANTRY

15 St. Paul Street, St. Paul Church

Wednesday: 3 PM - 6 PM

Thursday: 11 AM - 2 PM

55A Egmont Street, Community Room

Thursday: 3 PM - 7 PM

Saturday: 10 AM - 1 PM

226 High Street, Community Room

Tuesday: 3 PM - 7 PM

Phone: (617) 800-5339

PLEASE NOTE: The Brookline Food Pantry will remain open but will be implementing the following emergency procedures:

Individuals may not enter the pantry to shop or drop off donations.

To pick up pre-packed bags of perishable and non-perishable food items, individuals must wait outside the pantry doors during open hours, listed above.

You do not need any ID, proof of residency, or proof of income to receive food. You do not need to call ahead.

If you are unable to safely go to the Food Pantry to pick up your food, please contact Kate Jovin at 617-730-2751 or kjovin@brooklinema.gov about the possibility of home delivery.

SPECIAL SHOPPING HOURS FOR SENIORS



Please note: National chains may not list senior hours for every day, but Governor Baker has asked all grocery stores and drug stores to offer them daily. Call your local store for details.

MARKET BASKET

6:00-7:00 AM daily. Phone: 978-851-8000

ROCHE BROS.

7:00- 8:00 AM daily. Phone: 781-235-9400

SHAW'S & STAR MARKET

6:00-7:00 AM daily, plus Tuesdays and Thursdays from 6:00-9:00 AM.

Phone: 781-963-6995 (Shaw's); 508-313-4000 (Star Market)

STOP & SHOP

6:00-7:30 AM daily. Phone: 1-800-767-7772

TRADER JOE'S:

8:00-9:00 AM daily. Phone: 617-278-9997

TARGET

8:00-9:00 AM daily. Phone: 857-317-5220

WALMART

6:00-7:00 AM on Tuesdays.

Phone: 1-800-925-6278

WEGMANS

7:00-8:00 AM daily

WHOLE FOODS

8:00- 9:00 AM daily (may vary by location)

Brighton: 617-738-8187;

Brookline: 617-2020-0550

MUTUAL AID BROOKLINE Network

If you are an individual who needs a volunteer to pick up food, medication, or other necessities, please reach out directly to Mutual Aid at (617)-651-1468 or MutualAidBrookline@gmail.com

STAYING HEALTHY

We understand that staying active during these days of social distancing and limited space at home can be challenging, but it has never been more important. As we work to develop additional “virtual” ways that we can exercise “together”, here are some ideas to get you up and moving in the interim. **As always, be sure to check with your physician before engaging in any exercise program to ensure that it is right for you.**

EXERCISES FOR HEALTH AND REJUVENATION

If you are missing the Tuesday afternoon “Exercises for Health and Rejuvenation” with Mei Chu, we have good news! The video that Mei uses to lead the exercise class is available online here: <https://youtu.be/vjXy8peF4qU>

VIRTUAL GENTLE CHAIR YOGA WITH KEITH BEASLEY

The Public Libraries of Brookline invite you to join a Gentle Yoga class on Zoom with Keith Beasley on Friday mornings from 10:30-11:30 am. The class is designed for those seeking improved strength, flexibility, and balance with gentle movements and gently performed yoga postures. The class will be done seated in a chair with some optional standing.

For information on how to connect, please visit: <https://www.brooklinelibrary.org/events/event/virtual-gentle-chair-yoga-with-keith-beasley-2/>

JUNE OBSERVANCES

Sunday, June 14: Flag Day

Sunday, June 21: Father’s Day



SUPPORT FOR ALZHEIMER'S CAREGIVERS

Given that the Senior Center is **open on a limited basis, currently by appointment only**, our Alzheimer's Caregiver Support Groups will not be meeting in person at this time. However, our wonderful facilitator Ted Sturman has offered to be available by phone to support caregivers who are coping with the stress and demands of caring for a loved one who is struggling with Alzheimer's or another form of dementia. If you need support, please call Ted Sturman at 617-803-6105.

SPANISH IMMERSION LATINO INSTRUMENTAL/VOCAL MUSIC CLASS FOR ADULTS VIA CONFERENCE CALL

Want to share music and have a little fun? Then join Alfredo Velasquez on **Friday afternoons between 3:15-4:00 pm**. To join the meeting via telephone, please dial 1-717-275-8940 and then enter access code #2095424 and say your name. For more information, please call Giovanna Tapia at 617-953-7016 or email her at

brookline.spanish.immersion@gmail.com

!Clase de música para adultos mayores! Por llamada de conferencia ¿Quiere compartir música y entretenerse más? ¡Los viernes de 3:15 – 4:00pm! Del 1 de mayo- 20 noviembre ¿COMO?, POR FAVOR DIGITE: 717 275 8940 Y LUEGO EL CÓDIGO DE ACCESO 2095424 Y ENTRARA, DIGA SU NOMBRE LLAMAR PARA INFORMACION: 617-953-7016 or e- mail to:

brookline.spanish.immersion@gmail.com

Sponsors /Auspiciadores: Spanish Immersion and Brookline Senior Center

BROOKLINE HISTORICAL SOCIETY ONLINE PRESENTATIONS

Ken Liss, President of the Brookline Historical Society is offering some prerecorded versions of his fascinating presentations on their website at <http://www.brooklinehistoricalsociety.org/>

You can view "A Century and a Half of Shopping in Coolidge Corner", "The Beaconsfield Terraces: An Experiment in Domestic Economy" and "Stories from the 1918 Spanish Flu Epidemic in Brookline."

You can also enjoy a presentation that Ken did on "The History of Commonwealth Avenue: Ghosts and Shadows of Boston's Automobile Row" at WBUR's CitySpace last September by clicking here: <https://www.youtube.com/watch?v=XYpoghQ1laU&t=1s>

BROOKLINE PORCHFEST

Although Brookline Porchfest won't be able to bring live music to the streets of Brookline this year as it has done in previous years, the organizers have found a wonderful and joyful way to celebrate virtually with #StayHomeFest. Listen to this year's virtual Porchfest online at:

<https://youtu.be/0HVmgnudXd0>



SPECIAL PHARMACY SHOPPING HOURS FOR SENIORS

CVS

9:00-10:00 AM, daily.

Walgreens

8:00- 9:00 AM, Tuesdays.

Other pharmacies may have senior hours as well so please check with your specific pharmacy to inquire.

BROOKLINE PUBLIC LIBRARY ENGLISH CONVERSATION GROUPS

While the Public Libraries of Brookline remain closed, their English Conversation Groups are moving online **beginning Thursday, June 4 at 10:30 am**. If you would like to practice your conversational skills in an informal setting, the Library is offering one hour small group sessions. For more information or to register, please send an email with your name to brooklineconversationgroup@gmail.com.

MEMORY CONNECTIONS CAFÉ



The Café is for people with early memory challenges and their carepartners to connect with their peers through socialization and programming. The program is being held virtually until the Senior Center reopens. Please contact Jamie, the Cafe Coordinator, at 617-730-2753 or jjensen@brooklinema.gov for program information and dates.

Chestnut Hill Ride/ Chestnut Hill Errands & More

**Friendly, Reliable, Affordable
Errands &
Transportation Services**

**A Family owned and operated and committed
to make your life easier and less hectic**



617 - 874 - 0487
www.chestnuthillerrands.com



MEDICARE WELLNESS WEBINARS

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with the Brookline Council on Aging. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members while remaining at home, and learn more about how to stay healthy and safe during these challenging times.

Additional information about each webinar offering is available when you click on the link to register. All are welcome. You do not have to be a Blue Cross member to participate.

WEBINAR SCHEDULE

Tuesday, June 2 from 10-11 am

Calming Anxiety in Times of Uncertainty

Presenters: Heather Hurd & Janet Fontana

[Register Now at bcbsma.info/June2](https://bcbsma.info/June2)

Thursday, June 4 from 2-3 pm

Six Strategies for Supporting a Healthy Immune System

Presenters: Susan Flanagan & Tricia Silverman

[Register Now at bcbsma.info/June4](https://bcbsma.info/June4)

Monday, June 8 from 10-11 am

Boost Your Health with Better Sleep

Presenters: Heather Hurd & Janet Fontana

[Register Now at bcbsma.info/June8](https://bcbsma.info/June8)

Wednesday, June 10 from 2-3 pm

Taming Your Mind with Mindfulness Techniques

Presenters: Susan Flanagan & Janet Fontana

[Register Now at bcbsma.info/June10](https://bcbsma.info/June10)

Tuesday, June 16 from 2-3 pm

Nutrition & Sleep: Fascinating Connections

Presenters: Heather Hurd & Tricia Silverman

[Register Now at bcbsma.info/June16](https://bcbsma.info/June16)

Thursday, June 18 from 10-11 am

Yoga Chair Stretches and Guided Relaxation Practice

Presenters: Susan Flanagan & Janet Fontana

[Register Now at bcbsma.info/June18](https://bcbsma.info/June18)

Monday, June 22 from 2-3 pm

Nutrition Dos and Don'ts During Uncertain Times

Presenters: Heather Hurd & Tricia Silverman

[Register Now at bcbsma.info/June22](https://bcbsma.info/June22)

Wednesday, June 24 from 10-11 am

Super Foods and Nutrients for Your Immune System

Presenters: Susan Flanagan & Tricia Silverman

[Register Now at bcbsma.info/June24](https://bcbsma.info/June24)

BROOKLINE HEARING SERVICES

Brookline Hearing Services will be open for patients starting **June 1**. We have implemented very strict cleaning and sanitation protocols for our safety and yours. We are offering curbside services and repairs, and we are shipping batteries and supplies. All visits are by appointment only. Please call the office at 617-232-1299 to schedule a visit! We are looking forward to seeing you soon!

AN IMPORTANT NOTE ABOUT OUR SENIOR SERVICES

To slow and reduce the spread of COVID-19 in our community, the Senior Center is now open on a limited basis by appointment only. Please CAREFULLY REVIEW THE INFORMATION BELOW to see which services are currently operating. If you have any questions, please call 617-730-2777.

BETS (Brookline Elder Taxi System)

During the COVID-19 emergency, please contact Maria Foster at 617-730-2644 or email her at maria@trippsmass.org. with any transportation needs or questions.

Brookline TRIPPS Looking for alternative transportation options to driving or have a specific question about the MBTA/The Ride, Uber/Lyft or medical transportation? Contact Maria Foster at 617-730-2644 or email her at maria@trippsmass.org.

BLAB Please note that the Brookline Legal Assistance Bureau Program is not operating while the Senior Center is closed. When the Center reopens, our wonderful volunteer attorneys will once again be available at a designated time to consult on legal matters.

SHINE While the Senior Center is closed during the COVID-19 emergency, SHINE counselors Sonia Wong, Steve Maas and Sybil Levisohn are offering telephone appointments to help individuals explore their health insurance options. To schedule a telephone appointment with a SHINE counselor, please call 617-730-2777 and leave your name and telephone number and we will call you back to schedule a time.

REAP The Retirement Engagement Alternatives Program has replaced the old JOBS program. This program is based on working together to help YOU occupy your retirement! Contact Deidre Waxman at 617-730-2767 or email: dwaxman@brooklinema.gov

While The Senior Center is closed, the REAP program will be open for business. Please call or email us with questions.

HELP finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

PLEASE NOTE: The program is still operational for current clients, but will not be taking new clients or home care workers until the Senior Center reopens. However, if you are in need of grocery shopping or errands, or medical escort, this service is still available for new clients, but with some limitations. Please call 617-730-2752 to leave your information for either grocery shopping/errands or for the waiting list for other services.

CARE The Brookline Council on Aging provides Brookline families free respite/ companionship through our CARE Program. CARE operates under the auspices of the existing HELP Program. CARE aids Brookline caregivers who need a break from caring for an older adult family member. Respite/ Companionship does not include personal care, such as dressing and bathing or medication administration. This service allows caregivers to have time for themselves, while leaving family members in the care of trained home care workers. Thanks to State Senator Cynthia Stone Creem and the Executive Office of Elder Affairs for their grant that supports this program. For more information or to participate, please call HELP Program Staff at 617-730-2752.

PLEASE NOTE: The CARE program is still operational for current clients, but will not be taking new clients until the Senior Center reopens. Please still call the HELP line to leave your information for the waiting list.

TAX ABATEMENT AND SCSEP PROGRAM UPDATES

As we continue to deal with the repercussions of the COVID-19 crisis, we are committed to finding new and creative ways to continue with both our Tax Abatement and SCSEP (Senior Community Service Employment Program) program. That being said, I would like to share our current thinking regarding the reopening of the Tax Work-Off program on July 1, 2020.

We envision accepting new applications for the program up until the July 1st start date. Everyone from the current program year is ready to begin again in July and in addition, we currently have a seven person wait list. As more and more people lose their jobs and wait for their unemployment checks to arrive, we anticipate that we will see an increase in those wishing to apply for the Tax Abatement Program.

Please note that the deadline for filing your 2019 income tax return is now July 15th. While I have collected a number of your tax returns to date, and several others are holding on to their completed returns, there are some program participants who have not yet had the opportunity to file their returns. Please let me know if you need help or suggestions on how to file your 2019 returns either by calling me at 617-730-2767 or emailing me at: dwaxman@brooklinema.gov.

It is also important to note that the annual income qualification guideline for the program has been raised from \$62,400 to \$67,400.

As you might expect, there will be many changes to the jobs that Tax Abatement Workers will be asked to fill. The Town of Brookline and the Senior Center will be reopening in phases, as per best practices set out by the Governor, the CDC and the Town of Brookline itself. In keeping with social distancing guidelines, we will likely want to reduce the amount of face-to-face activities in which our workers participate. We will also be encouraging working remotely and setting up work projects in safer spaces such as outdoor areas or office work at low volume hours. Some possible examples include, remote wellness telephone calls to Brookline seniors, gardening work for town facilities (weather permitting), including the Minot Rose Garden and the Town Golf Course, grocery shopping for home bound seniors and in-house reception work at various Town sites with your safety being our priority. We look forward to hearing your ideas and interests as well as we head into this new phase of the Tax Work-off program. Please let me know what you would like to do and how you could do work benefiting the town in this time of social distancing. You can reach me either by phone at 617-730-2767 or by email at: dwaxman@brooklinema.gov

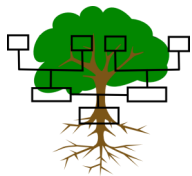
The Senior Center is also currently host to two SCSEP employees from Operation ABLE and The National Asian Pacific Center on Aging. We will be working with these organizations to reconfigure these programs and the job descriptions for the SCSEP workers as well. As things develop, we will be sure to alert you to the new parameters for this program.

With your good health first and foremost in our minds, we will go forward changed but committed to serving your needs as well as those of the Town of Brookline.

BROOKLINE FARMER'S MARKET UPDATE

The Brookline Farmer's Market will open for the season on Thursday, June 4 from 1:30-6:30 pm. All customers and vendors will be required to wear face coverings and practice social distancing. A strict no-touch policy will be enforced. Online pre-orders and cashless transactions are strongly encouraged. For more information, please visit: <https://www.brooklinefarmersmarket.com/>

ANCESTRY ACCESS THROUGH THE BROOKLINE LIBRARY



The Public Library of Brookline is providing free at home access to Ancestry for **Brookline residents**. All you need is your library card number. To access this and many other wonderful online library resources, visit: <https://www.brooklinelibrary.org/elibrary/online-resources/>

VIRTUAL COUNCIL ON AGING BOOK GROUP AT PUTTERHAM

Are you missing our monthly Putterham Book Club? Maybe you always wanted to attend and couldn't make it in person. Well, we are happy to announce that the group has moved online while the Public Libraries of Brookline are closed.

For more information on how to connect via Zoom, please visit: <https://www.brooklinelibrary.org/events/event/virtual-council-on-aging-book-group-at-putterham/>



VIRTUAL KNITTING/ CRAFTING CIRCLE

Hadassah Margolis, creator of the Welcome Blanket Brookline Project, invites you to join her for a Virtual Knitting/Crafting Circle (date/time TBD). Hadassah is currently working on fabric masks, but she encourages you to "bring" your blanket-making or mask-making or any other craft that you are working on. Or, feel free to join to say hello and connect. For more information on the upcoming June dates and how to connect to the Zoom meeting, please email Hadassah at media@welcomeblanket.org



UKULELE VIRTUAL MEET UP

Judy Chasin, our Ukulele group leader, is recommending that folks visit the Ukulele Union of Boston Meetup page at www.meetup.com/BostonUke/ to find a free virtual group that is suitable to your level. You might even "see" Judy there!



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MASKS



MANDATORY USE OF FACE COVERINGS IN PUBLIC



In addition to Brookline's existing mandate, Governor Baker issued an order, **effective May 6, 2020** requiring face masks or cloth face coverings in public places where social distancing is not possible. This applies to both indoor and outdoor spaces.

Exceptions include children under the age of 2 and those unable to wear a mask or face covering due to a medical condition.

The Brookline Police and Fire Departments ask residents not to call 911 about face covering related matters. Anyone with concerns should call the Brookline Department of Public Health at 617-730-2300.

For more information on Brookline's mandate, how to make/obtain masks, and other COVID-19 related issues, please visit: <https://brooklinecovid19.com/>

Thank you for helping to keep Brookline safe and healthy during this public health emergency.

HOW TO WEAR CLOTH FACE COVERINGS



Face coverings should:

- ⇒ fit snugly but comfortably against the side of the face
- ⇒ be secured with ties or ear loops
- ⇒ include multiple layers of fabric
- ⇒ allow for breathing without restriction
- ⇒ be able to be laundered and machine dried without damage or change to shape

GOT MASKS, BROOKLINE?

Need masks? Making masks?
We got you covered in Brookline.

Got Masks, Brookline? is a local organization helping to connect those in need of face coverings with those who have the capability to make them. To request a mask, or if you're able to contribute masks to those in need, visit: gotmasksbrookline.org.

HOW TO MAKE YOUR OWN "NO SEW" FACE COVERING

Take a piece of cotton fabric (approximately 21" square)



Lay the fabric flat, grab the two bottom corners and fold up to the top. You now have two layers of fabric.



Repeat the second step. You now have four layers of fabric.



You will now need two elastics.



Pull right and left edges of folded fabric through the elastics. Position the elastics about a quarter of the way in from both edges.



Fold the left side towards the middle, folding the fabric at the elastics and then fold the right side towards the middle, folding the fabric at the elastics.



You now have your mask! Pick up your mask by the elastics, position the fabric over your nose and mouth, with the folded edges towards your face and pull the elastics over your ears.

This is a basic design and you can certainly experiment to make one that works best for you.

Design is based on Surgeon General's model.

Instructions adapted by Sandy Spector & Norma Elkind

FROM THE BOARD PRESIDENT

On Wednesday, May 6th, the Board of the Brookline Senior Center conducted its meeting via Zoom. As expected, much of the discussion concerned the problems and solutions facing Brookline seniors during the Coronavirus epidemic. The Senior Center is fortunate to have a dedicated team of social workers addressing the complex psychosocial problems which inevitably arise. We are extremely grateful to first responders and the many Brookline volunteers, including town leaders and employees who continue to work on everyone's behalf.

Our agenda included a discussion of the Welltower/Balfour development. In a UNANIMOUS decision, the Senior Center Board of Directors recommends favorable action on the Welltower development proposal and no action on the Holland Street rezoning proposal. This ensures that the developer's money be assigned to the Marion Street proposal.

With seniors comprising 20% of the Town's population, both upgrading the existing Public Housing and adding the proposed additional units would help to address the housing needs of our growing senior population. One of the proposals currently on the table calls for 18 units of affordable housing on Fisher Hill. We urge you to look favorably on the alternate proposal of assigning \$6.5 million to the Housing Authority to add 40 units in Coolidge Corner. This money will be used to replace 60 old & substandard units with 100 units of new, affordable housing on Marion Street.

Coolidge Corner, which is accessible to the Senior Center, the Library, and public transportation, embodies the walkable, shoppable environment most conducive to successful aging in place.

Please support the Coolidge Corner proposal!

Sincerely,

Betsy Pollock, LICSW

President, Brookline Senior Center Board of Directors



PRESENTS

**VIRTUAL
COMPANIONSHIP**

Connecting the community through conversation



Mutualaidbrookline.companions@gmail.com

TRIPPS TRANSPORTATION UPDATES



LYFT TRANSPORTATION FOR CAREGIVERS

The Brookline Senior Center has received a donation of Lyft coupons from the National Council on Aging to assist caregivers in running errands and grocery shopping for older residents and other vulnerable populations in our community. To apply for coupons, please fill out this brief application:

<https://www.ncoa.org/free-rides-for-caregivers/>

You will receive coupons within 48 hours. Currently these coupons are for those with the Lyft app (via smartphone) only, and supplies are limited.

If you have additional questions, please contact Maria Foster at (617) 651-2652 or mfoster@brooklinema.gov.

BROOKLINE TRANSPORTATION PROGRAM WITH LYFT

While we encourage everyone who can to stay at home as much as possible, we realize some will need to get to important medical appointments or to the grocery store and Lyft could be a good option for those who wish to avoid the T. **We are able to process applications via phone and email.**

This program offers 4 subsidized rides per month on Lyft to older adults in Brookline. This program is currently limited to income eligible seniors (60) and over (individual \$62,450 maximum; couple \$71,400 maximum). The Brookline Program will offer four discounted rides per month of up to \$10 per ride. The passenger will pay the first \$2; the coupon will pay up to the next \$10. The coupon will automatically download each month into the Lyft app on your smartphone. This option will be available 24/7 without any restrictions on miles or pick up location. **For more information, contact Maria Foster, Community Outreach Specialist for at (617)730-2644 or mfoster@brooklinema.gov.**

MBTA SERVICE UPDATES



The MBTA continues to operate on a reduced schedule. All service changes and information can be found at:

<https://www.mbtta.com/covid19>

- All [service levels](#) have been adjusted to prioritize essential travel for healthcare and emergency workers.
- All shared trips on [The RIDE](#) have been eliminated. RIDE customers should book trips 1-3 days in advance.
- The [CharlieCard Store](#) is closed until further notice.
- Customers should board at the rear doors of buses and street-level trolley stops. Seniors or people with disabilities can still board at the front door if needed.
- Stations and vehicles are being [cleaned and sanitized](#) with increased frequency.

ADDITIONAL INFORMATION FOR RIDE CUSTOMERS:

If you are a **new** RIDE customer, you may be granted temporary eligibility if you meet the medical necessity criteria provided to your licensed healthcare provider by TREC (617-337-2727).

If you are a **current** RIDE customer who will require recertification soon, your eligibility will be automatically extended.

Whether you are a **newly approved** RIDE customer (granted medical necessity), or an **existing RIDE customer** whose eligibility has been extended, you will eventually need to participate in an in-person interview. You will be contacted at the appropriate time.

INFORMATION FROM THE RMV

For COVID-19 updates from the RMV visit:

<https://www.mass.gov/info-details/rmv-covid-19-information>

BROOKLINE SENIOR CENTER TRANSPORTATION UPDATES

As the Senior Center begins to reopen on a limited basis, currently by appointment only, we are creating alternative ways to utilize our vehicles. If you have a transportation request or need, please contact Maria Foster, Community Outreach Specialist at (617)730-2644 or mfoster@brooklinema.gov

BETS PROGRAM UPDATE

As of May 2020, the last remaining dispatch taxi company Bay State Taxi has ceased operating in Brookline. There are still independent licensed cab drivers in Brookline regulated by the Town. All licensed cab drivers are required to accept BETS coupons. The Brookline Senior Center is working with the Brookline Transportation Administrator to conveniently access drivers. For more information, please contact Maria Foster at (617)730-2644 or mfoster@brooklinema.gov.

GREEN LINE "C" BRANCH SERVICE DISRUPTION (JULY 2020)

From Sunday, July 5 through Saturday, August 1, 2020 there will be a full weekday and weekend closure of the Green Line C Branch from Cleveland Circle to Kenmore.

There will be free shuttle buses running along Beacon Street. For more information about this project, please go to: <https://www.mbta.com/diversions/green-line-c>



VIBRANT ASSISTIVE TECHNOLOGY PROGRAM

The Massachusetts Association for the Blind and Visually Impaired (MABVI) will offer Access Technology training over the phone while we are practicing social distancing. We provide specialized technology training for anyone with blindness or low vision to help you keep in touch with friends and family, monitor health or fitness, read, and more. With many community programs moving to virtual meetings, we can teach you to use these technologies to stay connected to your community.

The VIBRANT Access Technology program is offered in partnership with the Centers on Aging and the Brookline Senior Center. If we can be of assistance, please call Rachel Castle at 617-608-4150, Jerry Feliz at 857-443-6636, or email

ATCenter@mabcommunity.org

We look forward to working with you soon.

FOOD COMMODITY PROGRAM

A special thank you to the Brookline Food Pantry for hosting our Food Commodity program at their St. Paul site while the Senior Center was closed due to the COVID-19 virus. We appreciate this community partnership to ensure that our Food Commodity participants were able to receive their food and look forward to other times and programs that we may collaborate on in the future.

In June, the Senior Center will once again return to a modified Food Commodity pickup at the Senior Center. As that date nears, we will contact participants with more details.



VOLUNTEERING: "ONE PERSON CAN MAKE A DIFFERENCE"



In order to prevent the spread of the COVID-19 virus and comply with the mandates of the Federal, State and local government agencies, the Brookline Senior Center (BSC) is CLOSED. However, I and other BSC staff are working from home. You may contact me by phone (617-730-2743) or by email at pburns@brooklinema.gov. I check my email and voicemail several times each workday and will reply as soon as possible.

For non-volunteer issues please call the main BSC numbers: 617-730-2770 or 617-730-2777 and leave a message.

AS OF JUNE 1ST OUR VOLUNTEER PRIORITY NEEDS ARE:

SENIOR CENTER

We are glad to hear from potential volunteers who are committed to community assistance. We will keep your name and contact information on file and will call upon you as needed.

TOWN OF BROOKLINE

To be contacted for various volunteer jobs, send an email to:

covidvolunteerteer@brooklinema.gov. The online form to sign up to volunteer is: <https://www.brooklinema.gov/covidvolunteer>

HEALTH PROFESSIONAL VOLUNTEERS FOR COVID-19 RELIEF

If you are a health professional and you would like to volunteer your services for the COVID-19 relief effort, please visit: <https://www.mass.gov/health-services-covid-19-volunteer-form>

SPRINGWELL HOME DELIVERY MEALS ON WHEELS' DRIVERS

At this time, Springwell is seeking **volunteers who are willing to provide home delivery of meals.*** Springwell is an essential part of the social safety net for thousands of older adults each year, and we are continuing to provide the services that are helping them stay safe and in their homes during this challenging time.

Springwell especially needs volunteers who can work in the towns of Belmont, Brookline, Newton, Watertown, and Waltham.

If you:

are interested in receiving training and support to help us reach vulnerable seniors with critical in-home meals;
have a reliable car, a current driver's license, and a clean driving record;
are available between 10:00 am -1:00 pm;
are able to provide these services, consistent with guidance we receive from the CDC, WHO and other governmental agencies, recognizing you may come into contact with high-risk members of our community and others; and are successfully able to meet the regulatory pre-requisites for the position, please contact us!

Email volunteer@springwell.com to start the process; or go online and apply to volunteer at www.springwell.com/volunteer

VIRTUAL COMPANIONSHIP PROJECT

Mutual Aid Brookline is launching a virtual companionship project which will pair high school students with Brookline seniors experiencing isolation and loneliness during this difficult time. After a brief survey, seniors will be paired with students according to mutual interests. Volunteers will then have conversations with seniors over the phone or using video chats whichever is most comfortable for the senior. If you are interested, please call 617-651-1468.

ECONOMIC “STIMULUS” PAYMENT

Congress approved an economic stimulus payment of \$1,200 per adult and \$500 per child for: individuals who made \$75,000 or less in 2018, heads of households who made \$112,500 or less and married couples who made under \$150,000 or less in 2018.

The U.S. Department of the Treasury and the Internal Revenue Service have announced that Social Security recipients who are not typically required to file a tax return DO NOT need to take any action.

Recipients will receive these payments as a direct deposit or by paper check, just as they would normally receive their Social Security benefits.

If you did not file a tax return for 2018 or 2019 AND you DON'T receive Social Security retirement, disability (SSDI), survivor benefits, supplemental security income (SSI), or Railroad Retirement benefits, you can enter your personal and direct deposit information here:

<https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>.

If you have not received your stimulus payment yet and would like to check on the status, please visit: <https://www.irs.gov/coronavirus/get-my-payment>

This page is operated by the IRS and you will need to enter your social security number, your date of birth and your mailing address to access information about the status of your stimulus payment. **Please do not use any other website that claims to have access to information about your stimulus payment.**



AFFORDABLE INTERNET SERVICE THROUGH COMCAST

Given that we now understand how important internet service is to us all staying “connected” during these days of social distancing, we thought this might be a useful resource.

Comcast is offering affordable internet (\$9.95/mo., plus tax) for eligible households through their “Internet Essentials” program:

If you are eligible for one of the following programs, you are eligible for Internet Essentials. Qualifying programs include: National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI (Supplemental Security Income, **not** Social Security), LIHEAP (fuel assistance), VA pension.

If you are a new, eligible customer and you apply by June 30, 2020, you get 2 months of free internet service.

You will have to provide documentation to prove that you are eligible through one of the qualifying programs listed above.

Once approved, you get a kit with a modem and WiFi router and a set of step by step instructions within 5-7 days.

Once you are a customer, you have the option of purchasing a refurbished laptop or desktop computer for \$149.99, plus tax.

For more information or to apply, please visit: <https://www.internetessentials.com/>. You can also call 1-855-846-8376 to begin the application process.

Please note that you must live in an area/building where Comcast services are available.

DID YOU KNOW? Flag Day, celebrated on **Sunday, June 14**, commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777. In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day.

Mindfulness Corner: The following story, discussion, activity, and meditation are adapted from William Martin's book *The Tao of Forgiveness*, which features parables and accompanying discussions, activities, and meditations. Like parables from any tradition, these stories provide opportunities to reflect on some of the core emotional dilemmas of human life by building our capacity to mindfully reflect on the way we think about and interact with the world, both at deep levels and in terms of our moment-to-moment thoughts and behaviors.

THE SUFFERING OF SISYPHUS

Burdens can be laid down.

Sisyphus strained his back against the all-too-familiar weight of the boulder. He knew, by now, every crack and crevasse, every variation of texture, every unseen surface of the boulder that was his to push up the mountain. He also knew every step of the steep path up the mountain that marked his journey. He would push this boulder up the mountain until he reached the top. Once at the top there was no place the boulder could rest and it would roll down the mountain, all the way to the valley where the journey had begun and his toil would begin once again.

One day, Sisyphus descended the mountain and found an old man leaning against the boulder, looking at him with a sad smile.

"Who are you," Sisyphus asked the man.

"A friend," the old man said. "Why are you pushing the boulder up the hill?"

"It's what I have to do," replied Sisyphus. "I am being punished for my arrogance, pride, and sinfulness. But once I can get the boulder to remain on the top of the mountain, I will be free."

"I see," said the old man. "And is there a place for the boulder to rest on top of the mountain?"

"I haven't found one yet," admitted Sisyphus.

"I see," said the old man.

Sisyphus stood quietly for a moment. Then he turned and put his shoulder to the boulder and started back up the mountain. As he pushed and shoved his load over the rocky path he thought about the countless times he had repeated this process, always hoping that this time would be the last, that the boulder would find a resting place and he would be free.

When he reached the top he looked around with a new clarity. The top of the mountain was solid rock and the peak was far too small for the boulder to balance firmly.

"It will always roll back down," he thought. At that moment the boulder slipped away and began its journey crashing and tumbling back down the mountain.

Slowly Sisyphus made his way back, his mind filled with clarity and despair. When he reached the bottom he found the old man once again leaning against the boulder.

"Well?" said the old man.

"There is no place the boulder will rest," Sisyphus cried, "I will never be free."

The old man took Sisyphus by the arm, gently pulled him to one side, and said, "you know this valley is quite beautiful, isn't it? Walk with me for a while and we'll enjoy each other's company." Sisyphus looked around. Indeed the valley was lush and inviting, filled with fields and streams and forests. He took a deep breath of clean, fresh air. He stretched his arms and, for a moment, enjoyed the sights and aromas. Then, suddenly, his shoulders slumped and he turned back to the boulder. Before he began his endless trek he asked the old man, "What is your name?"

Continued on P. 23

The Suffering of Sisyphus Continued from P. 22

"My name is Freedom," said the man.

"Will I see you again?" said Sisyphus over his shoulder as he began to push the boulder.

"Every time you come down the mountain," said the man.

Discussion: Beginning in early childhood, we learn rules about who we are supposed to be and how we are supposed to be. When we fall short of these rigid expectations, we learn to be hard on ourselves. So much of the suffering in all of our lives comes from this place of self-punishment, even as we place far more stringent expectations for ourselves than we would for anyone else. Then, like Sisyphus, we endlessly atone for not being enough, one way or another, no matter how unattainable the expectations we have placed on ourselves are. It can feel inevitable that we feel negatively about ourselves as we fail to measure up. But this suffering is not inevitable. By paying attention and applying the soothing balm of self compassion, we can lay aside much of this suffering. We are OK just the way we are.

Questions to ask yourself:

- Why might you be unwilling to accept forgiveness that is freely available to you?
- What mountain are you trying to push a boulder up right now? Do you really need to?

Exercise: Reflect on some of the ways you think you are supposed to be. Settle on one role or expectation you feel the need to fulfill. Consider: where did I learn that I need to be this way? Do I want to be this way? What do I do to make myself be this way? Do I punish myself when I fall short? Bring a sense of open curiosity to these questions. The answers are not threatening. See if you can sit with them for a few breaths each. When you are done, take a deep breath, and turn your attention to what you want to do next in your day.


Meditation:

Picking up this burden, I am aware of picking it up. Walking with this burden, I can feel its weight. Laying it down, I notice the relaxation and relief. Shall I pick it back up? If I do, when shall I lay it down again? Who is telling me to carry it? Is that true? What would I do if I could lay it down? Who might I be?



BROOKLINE SENIOR CENTER ONLINE MINDFULNESS PRACTICE

The Brookline Senior Center is offering semi-weekly online mindfulness practice sessions. Join a video call from your computer or by phone every Wednesday and Friday from 10:00 a.m. to 10:30 a.m. to practice mindfulness with members of your community. No previous experience is needed. Sessions will be facilitated by Michael Allen, LCSW, and Conor McDermott Welch. Mindfulness helps with relaxation and bolsters attention and insight, all of which are needed now more than ever! To join the video call, you can go to <https://us04web.zoom.us/j/137115626?pwd=L1lGM3JlVbkkyQnMxNnBZeG83YlFVQT09> and enter password "Mindful" when prompted. Please email or call Michael at mallen@brooklinema.gov or 617-730-2754 with any questions.





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BROOKLINE BEES

The Brookline Bees continue to meet online weekly while the Center is closed. While we want to keep everyone safe, we also want to stay connected! It is fun to chat together and share what we are working on at home. Feel free to join us. Write to brooklinebeehive@gmail.com for connection details.

If you aren't able to make our online meetings on Tuesdays, Brookline Interactive Group (BIG) has generously offered to share the recordings of our meetings on their YouTube channel:

Mending challenges 1: Delicates and lace
https://www.youtube.com/watch?v=yULnde8_mwA

Mending challenges 2: Woven fabrics
<https://www.youtube.com/watch?v=AyIPmIMh1ws>

Mending challenges 3: Shortening Sleeves and Slacks
<https://www.youtube.com/watch?v=VmDkA9gQqcs>

Fitting with Darts and Gathers:
<https://www.youtube.com/watch?v=J2u-252LR6w&list=PLXKRZ8VJr3OxUO04VQOHi99wj08UA2ce&index=6&t=0s>

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IN MEMORIAM

Our hearts go out to the friends and loved ones of our Senior Center “family” members who have passed since the closure of the Center in March. Their presence will be missed in the days ahead, but their spirits will always be remembered. We extend our sincere condolences to those who have lost a loved one during this difficult time. We mourn their loss.

Carlos Aristegui
Netti Fishstein
Berton Fliegel
Jane Gillette
Benjamin Iletto

John “Jack” Little
Jean Perry
Frances Morrill Schlitt
Ho Wong Seto
Patricia “Patt” Timothy-Riffle

We would like to honor the memory of other Senior Center community members who have passed, so please let us know if you would like to include the name of a loved one in future listings by leaving us a message at 617-730-2777 or by emailing rdobek@brooklinema.gov.

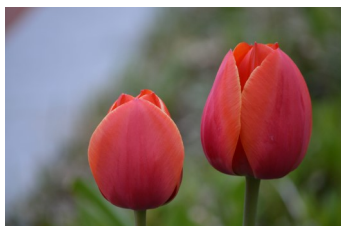
A note from Serena Johnson:

“To All of the Outstanding People at the Senior Center,

Please find a donation enclosed in honor of my beautiful mom and ALL of the lovely women lost to COVID-19 this year. It’s such a difficult time for many, but there’s a brighter future ahead!”

BROOKLINE BOOKSMITH VIRTUAL EVENTS

Brookline Booksmith is hosting a number of online events throughout the month of June. For more information, please visit their event listings page at <https://www.brooklinebooksmith.com/events/>



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TTP: Trusted Transportation Partner (formerly known as ICARE): The Council on Aging's HELP program, through a "Trusted Transportation Partner" grant from ITNAmerica with support from Regeneron Pharmaceuticals, provides free transportation for Brookline residents to scheduled eye care appointments in the Greater Boston area. To access, please contact the HELP line at 617-730-2752 at least one BUSINESS WEEK before your scheduled appointment.

PLEASE NOTE: The program is still operational for both current and new clients, but with some limitations. Please call for more information.



EXPLORE THE VIRTUAL "WORLD"

With the continuing need to maintain physical distancing, we are all looking for interesting and educational ways to occupy our time at home. Here are a few recommendations from Tom Faulhaber that you might enjoy:

The Brookings Institution: <https://www.brookings.edu/events/>

Atlantic Council: <https://www.atlanticcouncil.org/events/>

American Council on Germany: <https://www.acgusa.org/>

World Affairs Council: <https://www.world-affairs.org/events/>

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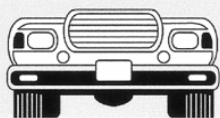
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617-971-5310 or BrainStim@hsl.harvard.edu

2020 US CENSUS IMPORTANT INFORMATION

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You may be wondering why you received Census paperwork in the mail recently, especially if you have already completed your town census. Well, the US Census, conducted every 10 years, is now underway and your response is not only required, but it is important.

The data collected helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services. It also helps to determine the number of seats each state has in the U.S. House of Representatives and your political representation at all levels of government.

To complete your questionnaire online, please visit <https://2020census.gov/> and enter the Census ID # provided on the form that you received. It should take you about 10 minutes to complete your entry. If you require additional assistance with completing your questionnaire, please call 1-844-330-2020.

REAP JOB SEARCH UPDATE



AARP, Operation Able and Encore Boston are offering a series of free weekly webinars in June on "Mastering the Job Search for People over 50." These sessions offer some very practical and timely information about the job search process when so many have lost jobs. The job search process appears to be heading to 100% online and these weekly seminars can help to demystify what can seem to be an overwhelming process.

To register for the three remaining session on June 3, 10 or 17, please visit:

<https://states.aarp.org/massachusetts/mastering-the-job-search-for-people-over-50>

ELF PROGRAM UPDATE

The program is now loaning and accepting durable medical equipment with precautions in place and with limitations on available days and times for drop-offs and pickups. Please contact Jamie at 617-730-2753 or jjensen@brooklinema.gov. **PLEASE DO NOT COME TO THE SENIOR CENTER WITHOUT SPEAKING TO JAMIE FIRST.**



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A program of the Brookline Community Foundation in partnership with The Brookline Center, the Brookline Safety Net helps residents of Brookline and neighboring communities meet basic needs like food, housing, utilities, and transportation. Please call us at (617) 277-8107 to explore whether the Center can provide the care that meets your needs.

And if you are not in need of the Safety Net Program at this time and you are able to do so, please consider making a donation. Your support could make all the difference to a neighbor in need. For more information, visit: <https://www.brooklinecenter.org/our-impact/safety-net-community/>

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The latest episode of the Age Friendly Cities show, with host Matt Weiss, is now available for viewing at: <https://youtu.be/73cgzwCGILw>
This month's episode gives an update on how the COVID-19 crisis is impacting Brookline seniors.

Special guests include Ruthann Dobek, LICSW, Director, Brookline Senior Center, Julie Washburn, LICSW, Program Manager, Brookline Senior Center, and Laura Baber, Community Outreach & Program Coordinator, Center Communities of Brookline.

We hope you will tune in!

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